

# Adult Strength and Conditioning



This class is for the adults that used to be in shape and are trying to get back in shape or stay in shape. These full-body workouts are designed to help you move better, get stronger and ultimately build lean muscle while boosting your metabolism. We will use plyometrics, medicine balls, speed ropes, agility balls, resistance bands, sandbags, ab rollers and more importantly your own body weight. If you want intensity this is the class for you!

**Cost:** Resident \$40, Non-Resident \$55

**Ages:** 18-99 years

**Day/Time:** Thursday, 7-8pm

**Barcodes/Dates:**

180080 Sept ember 3 - 24

180081 October 1 - 22

180082 October 29 - November 19



Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

**Hill Street Community Center**

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